

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



Happy Thanksgiving

November 2006

SAFETY ADVISOR

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

S.A.F.E.

Street Smart is considered by many to be the premiere driving awareness program. It provides an "in-your-face," dramatic and often-times gruesome inside look at victims and their experiences with being intoxicated, not wearing a seatbelt and crashing their vehicles. The program is usually presented in a

classroom setting, with a team of two paramedics walking participants through what happens at a trauma scene using the medical equipment they employ daily in their jobs. From taking a pulse to loading the victim onto a backboard and simulating an IV-line being inserted, students can see and feel what it's like to try to save a life. And what it's like to be the victim. (The Florida S.A.F.E (Stay Alive from Education) website is <http://www.safeprogram.com>)



S.A.F.E. will be presented at the following locations and times:

- 07 November 2006 – Naval Station Norfolk, Bldg C-9 Theater at 0900-1030 & 1230-1400
- 08 November 2006 – NAS Oceana, Bldg 531 Theater at 0730-0900 & 0930-1100
- **08 November 2006 – NAB Little Creek, Bldg 3504 Theater at 1330-1500**

PLEASE call the Safety Office (462-2193/2501) with the number of attendees from your command.

Holiday Travel

Have you planned your trip? Taking time to do this will help service members, commanders, and other leaders ensure drivers and vehicles are safe prior to departure and that the trip has been sufficiently planned (time, rest stops, alternate drivers, anticipated weather conditions) to get safely to the destination and back. Visit our link to traffic safety for tips to ensure your auto is ready for a trip along with licensing and insurance information. We also include tips on how the weather, fatigue, speed, alcohol and unscheduled delays can impact your holiday travel plans. The website provides a Driver's Risk Assessment to help supervisors and employees determine the persons risk level for a traffic mishap. <http://www.nasoceana.navy.mil/safety/Training/TrafficSafety/TrafficSafety.htm> Scroll down to "Other resources" and click on Travel Tips.



We encourage you to visit the Naval Safety Center's website and check-out the new **TRIPS** (Travel Risk Planning System) link. TRiPs will replace the

ASMIS. This site is interactive and tells you whether you have planned a safe trip or if you are at risk for an accident. The site will also provide you with detailed driving instructions, weather links, and any planned construction you may encounter on the highway. TRiPS will also allow you to print your leave chit after you complete the assessment. You can link to TRiPS from the Safety Center's main page <http://www.safetycenter.navy.mil>. (Note: All sailors/employees should be counseled prior to Holiday travel.)

Tips and Reminders for Driving on Base

- ☼ Traffic patterns on base will be changing once again with the re-opening of Gate 5 and the closure of Gates 2 and 4. Be alert in these areas as we all get used to the new traffic patterns.



- ☼ With the Holiday's closing in on us remember that traffic will be heavy around the Commissary and Exchanges, exercise caution while driving through the parking lots in this area.



- ☼ Watch for pedestrian crosswalks, shoppers may be carrying many packages or hurrying to their vehicles and not watching for approaching vehicles.

- ☼ We still see a lot of people driving while talking on cell phones. Driving while using a cell phone is prohibited on base; if you need to make or answer a call please pull over.

- ☼ Be prepared for vehicles pulling out on the west side of Bldg 2009 (Riverines) and for pedestrian traffic exiting on the south side of the Bldg onto Amphibious Drive.

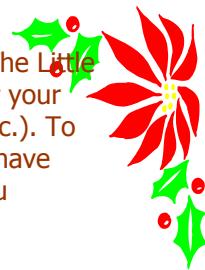


- ☼ Be alert for personnel jogging, running, riding bicycles in the early morning & evening hours in reduced visibility (especially in the vicinity of Bldg 2012/2009 where they cross the road)

Holiday Safety Training



With the holidays fast approaching, we all want to be safe during these festive times. The Little Creek Safety Office can help. We can provide various types of holiday safety training for your personnel (i.e drinking and driving, winter driving, safety stand-downs, recreational off-duty, etc.). To obtain this service, we need your quotas. Send us your commands name, location you wish to have the training, the time and date, how many personnel you need trained, and the type of training you desire. Our POC's are Ms. Kymm Beaver at 462-2199 or Mr. Dave Edwards at 462-2501.



Travel Tips

Common Sense is not Always Common....

Have you planned your trip? Taking time to do this will help service members, commanders, and other leaders ensure drivers and vehicles are safe prior to departure and that the trip has been sufficiently planned (time, rest stops, alternate drivers, anticipated weather conditions) to get safely to the destination and back.



AUTOMOBILE: Is your car worthy of the task ahead? How are your brakes, wiper blades, lights, tires, horn, state inspection, etc. NAS Oceana, Naval Station Norfolk, and the Norfolk Naval Shipyard have garages with stalls, lifts, engine overhaul storage stands, tire changer, wheel balancing and other related capabilities. Call for hours & availability: Oceana - 433-3403, Naval Station - 444-1534, and Norfolk Naval Shipyard - 396-5871.

WEATHER: Is there the possibility of adverse weather conditions? Yes ____ No ____

LICENSE/INSURANCE: Is service member's driver's license and car insurance coverage up to date? Yes ____ No ____



FATIGUE: The Navy/Marine Corps permits 350 miles per day for PCS or TDY travel. Off-duty drivers should plan on no more than 8 hours on the road per day. Drivers should plan for at least a 15-minute rest stop every 2 hours.

SPEED: It takes the average driver 1.5 seconds to react to a hazard. At 60 mph, it will take you almost half the length of a football field just to react to a hazard... then you have to take corrective action.



ALCOHOL: A person's blood alcohol concentration (BAC) can be well below the intoxication level and still cause impairment. For a 160-180-pound person, one beer consumed in one hour will result in a BAC of .01-.02 percent. Inhibitions will be lessened and judgment will begin to be affected. A 12 ounce beer = 1.5 ounce of liquor (80 proof) = 5 ounces of wine.

UNSCHEDULED DELAY: Does service member know procedure to follow to avoid hurrying in case of an emergency or unscheduled delay (Leave/Liberty Statement)?



DRIVER RISK- ASSESSMENT SURVEY- Provides an effective risk management tool for a supervisor to determine a service member's risk level. To be filled out by the service member and discussed with the supervisor. *Information or statements made to the supervisor concerning items on this form CANNOT be used in any adverse proceeding, administrative or criminal.* If a service member has 10 or more points, the service member has a greater than average risk for a traffic mishap. The supervisor should work with the service member to reduce the risk factors. Supervisor will discuss completed form results with service member and may discuss results with the chain of command for the purpose of the service member welfare. A record may be made of counseling, however recommend gross score/result or "low, medium, or high" risk levels be recorded in lieu of answers to particular questions. Form is property of service member and will not be retained by command or supervisor.

Category	Criteria	Possible Points	Actual Points
1. Age	25 years or younger	1	
	26 years and older	0	
2. Pay grade	E-5 and below	1	
	E-6 and above	0	
3. Gender	Male	1	
	Female	0	
4. Married	Single	1	
	Married	0	
5. Driving Record	1 or more moving violations last 12 months	1	
6. Time since deployment	Deployed over 30 days and home less than 30 days	2	
	Otherwise	0	
7. Distance to travel	Less than 500 miles	0	
	500 miles thru 1000 miles	1	
	Over 1000 miles	2	
8. Incidents of Alcohol abuse	Yes- per incident	4 points each	
9. Ratio of travel days to total leave	1-4	1	
	Greater than 1-4	2	
10. Rest prior to departure	Less than 8 hours	1	
11. Hour of return to duty section	Less than 12 hours prior to next work day	1	
12. Driving alone	Yes	1	
13. Personal stressors	Marital troubles, death in family, career decision looming	1 point each	
14. Motorcycle travel	Travel by motorcycle	1	
15. Traveling during holiday periods	Yes	1	
		Total	

Talking Turkey...

Whether preparing turkey for home or for the office holiday party, please follow these guidelines:

- ❑ Start early and thaw the turkey in the refrigerator or in a place where the air temperature is no higher than 40 degrees. A 20-pound turkey takes about two or three days to thaw completely.
- ❑ Be sure the turkey is thawed completely, until no ice appears in the inner cavity and the meat is soft. Be cautious: If the inner cavity is still frozen or even partially frozen when you put the turkey in the oven, the outside of the bird will be done before the inside, and the inside temperature will not be hot enough to destroy disease-causing bacteria.
- ❑ If you mix stuffing a day ahead, pre-mix only the dry ingredients. Mixing moist ingredients ahead of time offers the opportunity for bacteria to grow. It is safer to cook stuffing separately. However, if you do stuff the bird, do so just before cooking it. Stuff it loosely so the stuffing cooks thoroughly.
- ❑ Insert a meat thermometer into the center of the thickest part of the thigh, breast or stuffing. Temperatures should register 180 degrees F for turkey, 165 degrees F for stuffing and 170 degrees to 175 degrees F for boneless roasts.
- ❑ After the meal, immediately refrigerate leftovers such as meat, dressing, gravy or soups in small shallow containers. Letting these foods sit several hours at room temperature allows time for the growth of disease-bearing bacteria. Refrigerate stuffing and other items separately from the bird. It is important to serve leftovers either very cold (directly from the refrigerator) or very hot (at least 165 degrees F).
- ❑ For more information on food safety, visit <http://www.FoodSafety.gov>



(Consumer guidelines from U.S. Department of Agriculture, Food Safety & Inspection Services; & U.S. Food and Drug Administration)

...Talking Turkey II (Turkey Fryers)

- ✓ Monitor the temperature of the oil closely. If any smoke at all is noticed coming from a heating pot of oil, the burner should be turned off immediately because the oil is overheated.



- ✓ Keep fryer in FULL VIEW while burner is on.
- ✓ Place fryer in an open area AWAY (minimum of 5 feet) from all walls, fences, or other structures.
- ✓ Make sure there is at least 2 feet of space between the liquid propane tank & fryer burner
- ✓ Never use IN, ON, or UNDER a garage, breezeway, carport, porch, or any structure that can catch fire.
- ✓ Raise and lower food SLOWLY to reduce splatter and avoid burns.
- ✓ COVER bare skin when adding or removing food.
- ✓ Check the oil temperature frequently.
- ✓ If a fire occurs, immediately call 911. DO NOT attempt to extinguish fire with water.
- ✓ Completely thaw and dry turkey before cooking. Partially frozen and/or wet turkeys can produce excessive hot oil splatter when added to the oil.
- ✓ Follow the manufacturer's instructions to determine the proper amount of oil to add. If those are not available:
 - Place turkey in pot
 - Fill with water until the turkey is covered by about 1/2 inch of water
 - Remove and dry turkey
 - Mark water level. Dump water, dry the pot, and fill with oil to the marked level.
- ✓ Lids & handles can become extremely hot. Use well-insulated potholders/oven mitts when handling any part of the aluminum pot.

- ✓ Wear safety goggles to protect your eyes in case of oil spatter.
- ✓ Keep an ABC multi-purpose dry chemical fire extinguisher nearby. Never use water to extinguish a grease fire.

- ✓ **Per the CNRMA Fire Department Fire Prevention Office:**

- All Commands and any Housing Residents (residents physically on NABLC) are required to have a "Turkey Frying Permit" prior to operating a turkey fryer.
 - Fryers must be a minimum of 25 feet away from any structure & on level ground
 - Must have an attendant at all times
 - Must have a fire-extinguisher available (don't remove extinguishers from inside the building/command.)

Enterprise Safety Application Management System



What Is It? ESAMS is the safety management software program selected by CNIC for use in managing safety and occupational health data (i.e., mishap reports, training, direct and indirect costs, medical surveillance, job hazard analysis, self assessment, inspections, etc).

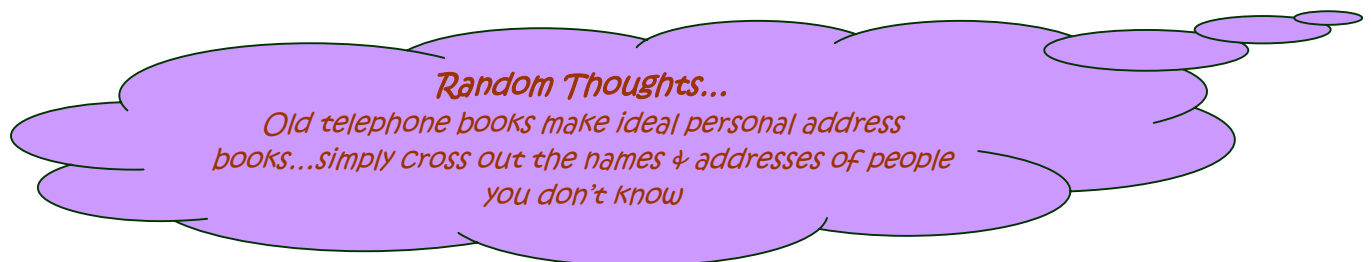
Who Should Use It? Per ALSAFE msg 58/5, "CNI has mandated that all Regions will implement ESAMS as the single standard safety management system for Safety and Occupational Health (SOH) data requirements. Successful implementation of ESAMS will require support from Regional/Installation Commanders." Also, CNIC Fire and Emergency Services (F&ES) have selected ESAMS to manage their F&ES program. In addition, non-CNIC Commands, at a minimum, need to identify a point of contact and alternate so ESAMS accounts can be established. This is required because it has been directed that safety inspection deficiency notices be included in ESAMS and electronically sent to Commands for correction, and subsequently followed up electronically through ESAMS.

Why Use It? ESAMS provides a secure NMCI compliant web-based means to manage all facets of the Navy's safety and health programs. ESAMS will enable CNI to fully comply with all current OSHA and OSH standards, and provides real time data for headquarters and command level personnel allowing them to make informed decisions based on current data and metrics. ESAMS also provides the supervisor and his/her chain of command a "Report Card" of Command training, deficiency correction, medical surveillance, etc.

Supervisor training is scheduled for 23 Oct – 03 Nov.

If you have any questions or wish to sign up for a training class, please contact:

- ❑ LoJean Way- 462-2197
- ❑ Kymm Beaver- 462-2199



National Ergonomics Month

(Although October was designated as National Ergonomics Month it is never too late to work smarter, not harder...) There is no better time to increase awareness and educate your workers about ergonomics than now. The Human Factors and Ergonomics Society designated October as National Ergonomics Month. The Navy Ergonomics Program recommends the following activities to help educate your workers and demonstrate the benefits of applying ergonomics in their everyday lives: Hold both hands out in front of you and make a fist repeatedly and then release. Now put your right hand into an awkward posture and keep making a fist and releasing while your left hand stays in a neutral position with the wrist straight also making a fist and releasing. (An example of an awkward posture is bending your wrist at a 90 degree angle with your fingertips pointing toward the floor or the ceiling.) Which hand tires faster? Working in an awkward posture requires more muscle exertion to do the same job than working in a neutral position.



Have a person lift 15 pounds with his/her arm extended and time the person to see how long he or she can maintain that posture. Then have a second person of equal or lesser strength hold 20 pounds in a neutral position (elbows at sides, bent at 90 degrees while holding the weight close to the torso) and time that person to see how long he or she can maintain that posture. Ideally, the person lifting more weight should be able to lift longer. This helps to illustrate the importance of posture and shows that well-designed jobs can increase worker performance.

"The Deficiency Corner"

Could this be your worksite??? If you have this problem... let's do something about it!!



Problem: Woodworking shops (Excessive wood shaving; other materials lying on woodworking equipment.)

Violation: 29CFR1910.213(s)(6)

Solution: Maintain cleanliness around woodworking machines.)



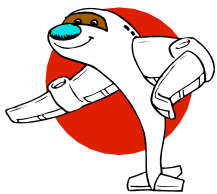
Problem: Compressed gas cylinders not secured

Violation: 29CFR1910.253(b)(2)(ii)

Solution: Properly secure / store bottles from tipping/falling.

Safety Funnies

After their flights, pilots fill out a form to convey to the mechanics any problems encountered with the aircraft during the flight that need to be repaired or corrected. Mechanics read and correct the problem then respond in writing on the bottom of the form...obviously they have a great sense of humor...here are some problems and solutions logged by Qantas pilots and maintenance crews...(P=Pilot & M = Mechanics)



P - Test flight ok, except auto-land very rough

M - Auto-land not installed on this aircraft

P - Something loose in the cockpit

M - Something tightened in cockpit

P - Dead bugs on windshield

M - Live bugs on back-order

P - Number 3 engine missing

M - Engine found on right wing after brief search

P - Aircraft handles funny

M - Aircraft warned to straighten-up, fly right and be serious

P - Mouse in cockpit

M - Cat installed



Great American Smokeout

If you smoke, the American Cancer Society can [help you kick the habit](#). And there are many ways for you to double your odds of succeeding. It starts with [planning your quit attempt](#). Why not give up cigarettes for the day? Maybe forever? On Thursday, November 16, 2006 during the 30th annual [Great American Smokeout](#)?



It happens in November...

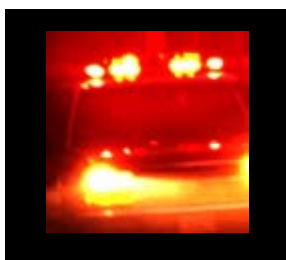
- 7th – Election Day...*exercise your right to vote*
- 8th S.A.F.E – 1330 @ Base Theater
- 11th - Veterans Day...*Thank You for serving...*
- 16th – Traffic Safety Council Meeting 0930 @ Base Theater
(Command Safety Representatives, please attend)
- 16th - Great American Smokeout
- 20th – DUI Prevention Meeting – 1300 @ Navy Marine Corp Reserve
Center Auditorium
- 23rd – Thanksgiving Day...*take a moment to remember our service
members who are away from their families...*
...and please, Be Safe Out There!

...in the next issue of the Safety Advisor

Holiday Decorations....keeping you safe with all the trimmings

*Don't wait until it's too late...now is the time to start thinking about Holiday Safety Stand-downs...call us
to schedule your training now*

Traffic Safety Statistics



Traffic Death Update

On October 16, an E-3 from USS *Harry S. Truman* was killed in a wreck in Hampton Roads, Va. He was on his way to work when he lost control and ran into a tree.

[PMV Stats](#) | [PMV Narratives](#)

Navy and Marine Corps PMV Deaths – FY07 to date = 5 (as of 10/23/06)

Traffic Safety Training Schedule

Motorcycle Safety

Basic Rider Course (BRC): Two day course required for all Active Duty Military who ride a MC on or off base; and civil service personnel, retirees, dependents, and contractors who want to ride a MC on base.

Experienced Rider Course (ERC): One day course to brush up old skills. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course. (Copy of card may be faxed to our office at 757-462-2566.) *If you are interested in taking the Experienced Rider Course between now and May 07, please call 462-2199 or 462-2197 to schedule. Our 2007 schedule will have ERC classes scheduled beginning in May.*

Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration. Commands interested in scheduling personnel for this training should contact our office at 462-2199 or 462-2197.

2006 - 2007 MC Safety Schedule



<u>Dates</u>	<u>Course</u>	<u>Days</u>	<u>Times</u>
➤ 13-14 November 2006	BRC	Mon/Tue	0700-1600
➤ 11-12 December 2006	BRC	Mon/Tue	0700-1600
➤ 22-23 January 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 February 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 March 2007	BRC	Mon/Tue	0700-1600
➤ 23-24 March 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 09-10 April 2007	BRC	Mon/Tue	0700-1600
➤ 20-21 April 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 07-08 May 2007	BRC	Mon/Tue	0700-1600
➤ 07 May 2007	ERC	Mon	0730-1200
➤ 18-19 May 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 21-22 May 2007	BRC	Mon/Tue	0700-1600
➤ 04-05 June 2007	BRC	Mon/Tue	0700-1600
➤ 04 June 2007	ERC	Mon	0730-1200
➤ 15-16 June 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 18-19 June 2007	BRC	Mon/Tue	0700-1600
➤ 09-10 July 2007	BRC	Mon/Tue	0700-1600
➤ 09 July 2007	ERC	Mon	0730-1200
➤ 10-11-12 July 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 20-21 July 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 23-24 July 2007	BRC	Mon/Tue	0700-1600
➤ 06-07 August 2007	BRC	Mon/Tue	0700-1600
➤ 06 August 2007	ERC	Mon	0730-1200
➤ 17-18 August 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 20-21 August 2007	BRC	Mon/Tue	0700-1600
➤ 21-22-23 August 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 04-05 September 2007	BRC	Mon/Tue	0700-1600
➤ 04 September 2007	ERC	Mon	0730-1200
➤ 14-15 September 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 17-18 September 2007	BRC	Mon/Tue	0700-1200
➤ 01-02 October 2007	BRC	Mon/Tue	0700-1600
➤ 01 October 2007	ERC	Mon	0730-1200
➤ 12-13 October 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 15-16 October 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 November 2007	BRC	Mon/Tue	0700-1600
➤ 03-04 December 2007	BRC	Mon/Tue	0700-1600

- ❖ On-line registration & procedures, visit our website at:
<http://www.nablc.navy.mil/safety/motorcyclctrainingcourse.htm>
- ❖ Participants must provide their own motorcycles for the course & have appropriate license endorsements, registrations, insurance and inspection.
- ❖ Classes are generally conducted at 0700 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- ❖ Personnel registering for the ERC must provide a copy of their BRC course completion card prior when they register.

AAA Driver Improvement Program (DIP)



2006 - 2007

- ✓ 08 November 06
- ✓ 29 November 06
- ✓ 13 December 06
- ✓ 24 January 2007
- ✓ 21 February
- ✓ 28 March
- ✓ 25 April
- ✓ 30 May
- ✓ 27 June
- ✓ 25 July
- ✓ 29 August
- ✓ 26 September
- ✓ 31 October
- ✓ 28 November
- ✓ 12 December

- ▶ For registration please visit our web site at:
<http://www.nablc.navy.mil/safety/dip.htm>
- ▶ Class size is limited to 30 personnel
- ▶ Classes are normally conducted at 0730 on the last Wednesday of the month at Bldg 1602, Rm 112 E (Location changes will be announced next to the class dates) Command/Group classes can be scheduled. Please call to arrange group classes.
- ▶ Questions can be directed to Kymm Beaver 462-2199 or LoJean Way 462-2197

- Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property).
- All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges.

To schedule training for your command, contact the Safety Office at 462-2193 or go to www.nablc.navy.mil/safety/contactus.htm

Thanks to everyone who contributed to this month's Safety Advisor

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